

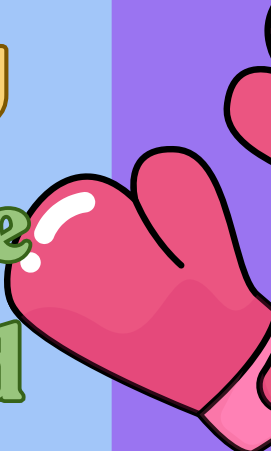


Bloom Public School



National Sports Day

**Importance of an active
lifestyle in children and
youth**



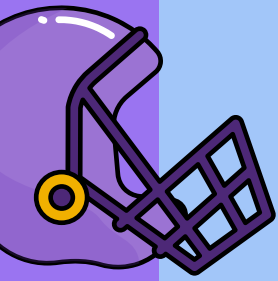
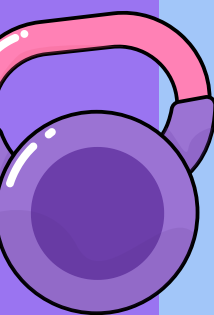
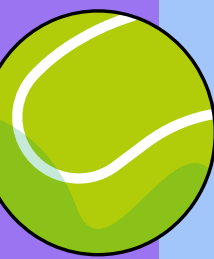
Aziza Bhardwaj- 9C





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What is National Sports Day?

National Sports Day in India, celebrated on August 29 each year, commemorates the birth anniversary of Major Dhyan Chand Singh, a revered hockey player known for his extraordinary skills and contributions to the sport. Known as the 'Hockey Wizard' and 'The Magician,' Dhyan Chand's exceptional prowess on the field has made him a legendary figure in Indian sports history.

The first National Sports Day was observed on August 29, 2012, marking the 12th anniversary of Rashtriya Khel Divas this year. The day aims to honor athletes and their remarkable achievements, while also emphasizing the importance of sports and physical fitness in society. By celebrating Dhyan Chand's legacy, the day seeks to inspire future generations to pursue excellence in sports and embrace an active lifestyle.



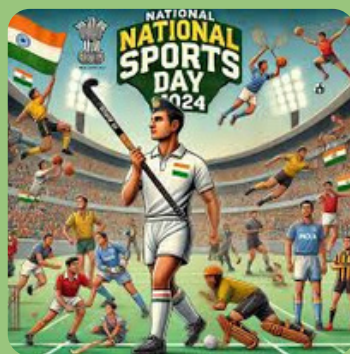
Why is the day important?

The importance of National Sports Day can be derived from its emphasis on the role that sports and physical activity play in our daily lives. It promotes sports participation among people of various areas in order to enhance their health and wellbeing. On National Sports Day, the government often launches new initiatives, programs, and policies to support and nurture young and talented people. These initiatives aim to provide better training facilities, financial support, and recognition to deserving athletes. National Sports Day showcases this unity.



Why is the day celebrated?

National Sports Day encourages people of all ages to embrace physical fitness. It emphasises the importance of regular exercise and a healthy lifestyle. It also warns against the implications of unhealthy lifestyle and related diseases. This day also serves as an influence for the development of a robust sports culture in the country. It encourages participation in various sports and games for holistic personal growth. Sports have the unique power to bring people together regardless of their background, language, or beliefs. National Sports Day showcases this unity.

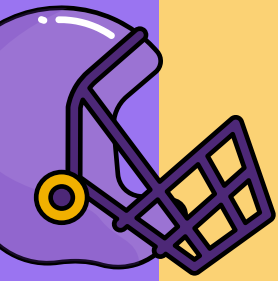


Brief history of sports in India

The sports history of India dates back to the 4th Century BCE when traditional sports such as Kho-Kho and Kabaddi originated. Dholavira, the world's oldest terraced arena, was built in Kutch, Gujarat, around 3000 BC, showcasing the existence of sports in India. Ancient texts like the Mahabharata, written around the 3rd century BCE, mention martial arts and archery as activities that were carried out during that era. Even indoor games like Chess and Snakes & Ladders have origins in ancient India, in the form of games of Chaturanga and Gyan Chauper, respectively. The arrival of colonists in India brought a significant shift in the sporting culture. The British, with their love for organised sporting events, established the first cricket club in India in 1792 and greatly promoted the sport in the country.



Brief history of sports in India



As Indians adopted British sports, they also preserved their own rich sporting heritage. Kushti, or traditional Indian wrestling, continued to thrive and found its place in the Olympics. Kabaddi, a contact sport that requires agility and strength, became popular in villages across the country. These indigenous sports, with deep-rooted traditions, represented the true spirit of India's sporting identity.

India had a glorious run in the initial Olympic games in the sport of field hockey. Athletes like Dhyan Chand and his legendary persona in field hockey inspired the nation as in 1936, when India won its first Olympic gold medal, marking the beginning of an era of dominance in the sport. This was followed by a golden hat-trick at the next three Olympics in 1948, 1952, and 1956. Neeraj Chopra, also known as the 'Golden Boy' of India, won the gold medal in Javelin throw in the 2020 Tokyo Olympics.

Significance of sports in an active lifestyle for children and youth

Taking part in sports is important for children as it reduces stress and enhances their mood. Sports builds healthy bones and muscles, increases fitness, improves sleep, helps them socialise. It also improves their cooperation skills, boosts self-confidence, and lowers the risk of getting obese. There are many reasons to exercise regularly. Above all, it keeps you healthy.



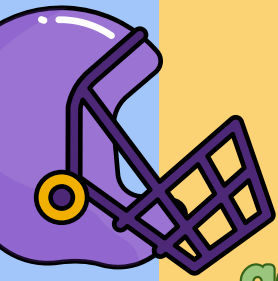
Significance of sports in an active lifestyle for children and youth

Regularly playing sports and engaging in physical activities can help children remain fit and healthy. Playing sports regularly also helps children boost their self-esteem and self confidence. Team sports like football, basketball, volleyball, etc. teach children to be cooperative and understanding. Teamwork and Leadership are core values children learn from playing team sports. Practice and regular physical activity improves the skills of the individual, making them better and fitter. Playing a sport requires hard work and a lot of patience. Many successful athletes have to constantly remind themselves to persevere and be patient.

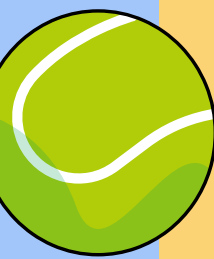





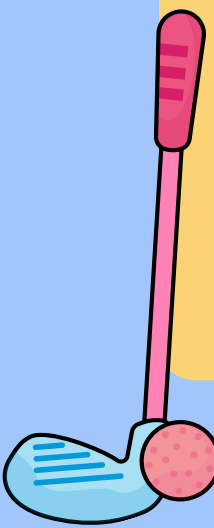
Words from the editor





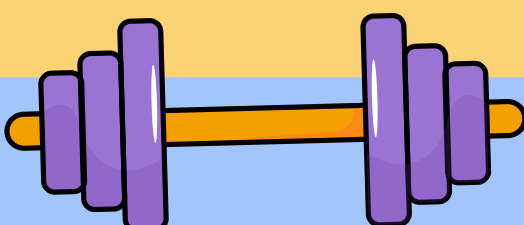
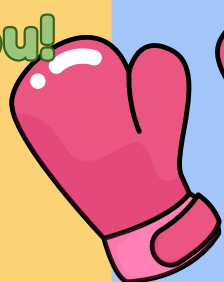
Greetings readers! This month's newsletter was based on the importance of sports and physical activity in our lives, by acknowledging National Sports Day held on 29th August of every year. Many of our athletes currently are representing our country in the 2024 Paris Olympics have awed us and truly inspired us to play sports and to work hard.



Our amazing sports teachers and students work hard everyday, to perfect their talent and represent our school in inter-school sports zonals. I hope that by reading this month's newsletter, you are inspired to live a healthy and fit life, filled with happiness and joy.



I hope you liked reading it, just as much as I liked making it for all of you!
Signing off with a thank you :)
Aziza Bhardwaj





Thank You!

